

SPECIAL SUPPORT GROUP LEADER MEETING

To address your questions & challenges on COVID-19



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Tuesday, March 31, 2020
**1:00 pm Pacific/2:00 pm Mountain/
3:00 pm Central/4:00 pm Eastern**



COVID-19 BASIC INFORMATION

- Novel Coronavirus
- Highly infectious
- Spread by droplets from coughing/ sneezing
- Transmission in air and from surfaces
- Biggest risk: direct person-to-person contact

Key Recommendations

- **Physical distancing** – we still want to be social
- Stay home
- Wash hands
- Protect from all outside contacts
- Masks do protect you from others

Risk of becoming infected

All seem to be equally at risk
to become infected

Note: infection of many young
and healthy individuals

Risk of serious consequences: main factors

- High virus load from work (medical professionals/ public contact)
- Age more than 65 years
- Men versus women
- High blood pressure, kidney disease and/or diabetes
- **Compromised immunity** or other **co-morbidities**

Note: Danger of aerosol spread in healthcare settings

Specific risk for MM patients

- Note: MM not top risk group!
- No MM deaths in Asia (with care) nor in first U.S. cases
- Risk linked to status of MM and contact with MM center

- Use telemedicine
- Limit clinic visits
- Get refills delivered (Revlimid®)
- Insist clinic is safe (location and staff)

MM Risk Factors

Disease status

- At diagnosis: first 3 months
- With ASCT: during and after
- At relapse (until new regimen established)
- VGPR/ CR have lower risk

MM Risk Factors

Logistics of care

- Safety at the center itself (masks/ PPE)
- Treatment changes
 - Reduced IV treatments (Zometa/ Dara)
 - Stopped dex (or reducing)
 - Changing maintenance (if WBC low)

MM Risk Factors

Logistics of care

- Treatment changes
 - Remember vitamin D
 - Clinical Trial modifications
- Limit both visits and testing for now
 - Use LabCorp or similar for testing

Details of COVID-19 infection

- Transmitted from early asymptomatic patients
- Lack of testing means we do not know
- Loss of smell a key early feature
- There may not be fever or classic features such as cough
- Diffuse aches & pains very common

Thinking of family and friends

- Be very alert for infection in any member of your social group
- **Physical distancing** may be required
- Do try to get testing if valid concern (loss of smell is clue)
- Lack of resources has distorted recommendations (testing/
masks)

Recognizing anxiety: fostering resilience

- These are anxious times. Remember, we WILL get through it.
- Maintaining **social connections** despite physical distancing
very important
- GoToMeeting / ZOOM can help a lot!
- Children get anxious too!

Recognizing anxiety: fostering resilience

- Agree on longer term perspective!
- Some treatments becoming available (Hydrochloroquine / plasma)
- Vaccine will take time (should be OK for MM patients): 2021

What can we expect now?

- **April/May:** Continue “stay-at-home”: further lockdown possible
- **June/ July:** A period of transitions (travel unlikely)
- **August/ September:** Some return to normality
- **Beyond still uncertain**

Your status re: COVID-19 will be required

- infected / recovered / antibody test shows immunity?
- not infected / tested negative



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